



Crediting Crackers in the After-School Snack Program

Additional Considerations

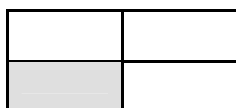
In addition to the crediting criteria specified on pages 3-6, crackers must also meet the following requirements to be creditable as a grains/breads component.

Graham Crackers

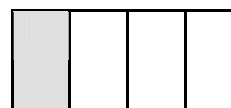
Graham crackers (all varieties) which meet the criteria for grains/breads are creditable as crackers and are found on the list of crackers beginning on page 34. Fudge-covered grahams, chocolate-covered grahams, and filled (e.g., vanilla or chocolate) sandwich grahams which meet the criteria for grains/breads are creditable as cookies and are found on the list of cookies beginning on page 12.

The serving size for graham crackers is based on the smallest section ($1\frac{1}{4}" \times 2\frac{1}{2}"$) when the large graham cracker is broken into the four smaller pieces (see illustrations below). Manufacturers list the serving size as "2 crackers" (equal to 8 small sections). To maintain consistency with After-School Snack Program serving sizes (based on the small sections), in the "List of Creditable Crackers for the After-School Snack Program" the manufacturer's serving size is expressed as the 8 smaller crackers.

The serving size of graham crackers will vary, depending on the type and brand of graham cracker served. For ages 3-5, a serving is 4 pieces (1 large cracker). For ages 6-18, a serving size is either 7 sections ($1\frac{3}{4}$ of a large cracker) or 8 sections (2 large crackers) depending on the type and brand of graham cracker.



one section
($1\frac{1}{4}" \times 2\frac{1}{2}"$)



Animal Crackers

Animal crackers and animal-type crackers (e.g., bear, dinosaur, etc.) which meet the criteria for grains/breads are creditable as crackers and are found on the list of crackers, beginning on page 34.

Popcorn Cakes

While rice cakes are creditable, popcorn cakes are not. Popcorn and popcorn cakes do not meet the general requirements for grains/breads.



List of Creditable Crackers for the After-School Snack Program

This list indicates whether a cracker may be served to meet the grains/breads component. The “Creditable” column indicates “Yes,” the product is creditable or “No,” the product is **not** creditable. Of the creditable crackers listed, sponsors are encouraged to choose those varieties which are lower in fat and sodium. *If a cracker is not on this list, determine crediting information by completing the worksheet on page 10.*

Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
All-Occasion Crackers, <i>Shaw's</i>	9 (31 g)	9	2	280	Yes ¹	3	6
All Purpose Crackers, <i>Kingston</i>	8 (30 g)	6	3	170	Yes ¹	3	6
Animal Cookies, <i>America's Choice</i>	9 (32 g)	5	17	140	Yes ²	4	8
Animal Cookies, <i>Marietta's</i>	12 (31 g)	4	9	150	Yes ²	6	10
Animal Cookies, Natural Lemon Flavor, <i>Amway</i>	12 (30 g)	3	8	75	Yes ²	6	10
Animal Crackers, <i>Aldi</i>	10 (30 g)	3	6	130	Yes ²	5	9
Animal Crackers, <i>Aldi</i>	9 (32 g)	5	17	140	Yes ²	4	8
Animal Crackers, <i>Cookie Shoppe</i>	9 (32 g)	5	17	140	Yes ²	4	8
Animal Crackers, <i>CVS</i>	15 (28 g)	2	7	95	Yes ²	7	14
Animal Crackers, <i>IGA</i>	10 (39 g)	3	6	130	Yes ²	5	9
Animal Crackers, <i>Keebler</i>	11 (31 g)	4.5	8	160	Yes ²	5	9
Animal Crackers, <i>Mega</i>	10 (30 g)	3	6	130	Yes ²	5	9
Animal Crackers, <i>Nina's</i>	10 (30 g)	4	8	140	No ⁵	6	12
Animal Crackers, <i>President's Choice</i>	14 (31 g)	5	5	140	Yes ²	6	12
Animal Crackers, <i>Salerno</i>	13 (30 g)	5	6	110	Yes ²	6	11
Animal Crackers, <i>Shaw's</i>	14 (31 g)	4	8	135	Yes ²	6	12
Animal Crackers, <i>Stop & Shop</i>	9 (32 g)	3.5	9	115	Yes ²	4	8
¹ Product is found in Group A of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 5). ² Product is found in Group B of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 5). ³ Product is found in Group C of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 5). ⁴ Product is found in Group I of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Animal Crackers, <i>Sweet Life</i>	9 (32 g)	2	7	45	Yes ²	4	8
Animal Crackers, <i>Stauffer's</i>	15 (28 g)	2	7	170	Yes ²	10	19
Animal Crackers, <i>Sunshine</i>	14 (31 g)	4	7	125	Yes ²	6	12
Animal Crackers, <i>ValuTime</i>	10 (30 g)	3	6	140	Yes ²	5	9
Animal Crackers, <i>Wal-Mart</i>	12 (29 g)	3	5	80	Yes ²	5	9
Animal Crackers, Barnum's, <i>Nabisco</i>	12 (31 g)	4	8	160	Yes ²	7	14
Ark Animals, <i>Ritz</i>	46 (30 g)	5	3	210	Yes ¹	16	31
Bagel Crisps, Plain, Garlic, <i>Burns & Ricker</i>	5 (28 g)	5	2	230	No ⁵		
Bagel Snackerz, <i>WFB Woodworks</i>	4 (88 g)	5	4	610	Yes ²	1	2
Better Cheddars, <i>Nabisco</i>	22 (30 g)	8	1	290	Yes ¹	8	15
Better Cheddars Reduced Fat, <i>Nabisco</i>	24 (30 g)	6	1	350	Yes ¹	8	16
Better Cheddars Low Sodium, <i>Nabisco</i>	22 (30 g)	7	0	75	Yes ¹	8	15
Biscuits (Organic) for Teethers, <i>Healthy Times</i>	2 (28 g)	3	2	7	Yes ¹	1	2
Bits Crackers, <i>Shop Rite</i>	9 (31 g)	8	2	230	Yes ¹	3	6
Bravo's All Purpose Crackers, <i>Vitarroz</i>	8 (30 g)	7	3	180	Yes ¹	3	6
Breadsticks, Garlic Fat Free, <i>Stella D'Oro</i>	2 (19 g)	0	1	150	Yes ¹	2	3
Breadsticks, Onion, <i>Stella D'Oro</i>	1 (9 g)	1	0	35	Yes ¹	2	3
Breadsticks, Original, <i>Stella D'Oro</i>	1 (9 g)	1	0	40	Yes ¹	2	3
Breadsticks, Sesame, <i>Stella D'Oro</i>	1 (11 g)	2.5	<1	45	Yes ¹	1	2
Breadsticks, Sesame Low Fat, <i>Stella D'Oro</i>	2 (19 g)	1	1	90	Yes ¹	2	3
Breadsticks, Sodium Free, <i>Stella D'Oro</i>	1 (10 g)	1	0	0	Yes ¹	1	2
Bremner Sesame Crackers, <i>Bremner Biscuit Co.</i>	13 (30 g)	3	0	190	Yes ¹	5	9

¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5).

² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5).

³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5).

⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6).

⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ.

⁶ Popcorn cakes are not creditable.



Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Bremner Wafers, <i>Bremner Biscuit Co.</i>	13 (30 g)	3	1	200	Yes ¹	5	9
Bugs Bunny Graham Cookies, <i>Nabisco</i>	10 (31 g)	5	7	160	Yes ²	5	9
Butter Thins, <i>Pepperidge Farms</i>	4 (15)	3	1	95	Yes ¹	3	6
Carr's Assorted Biscuits for Cheese, <i>Carr's</i>	3 (18 g)	2.5	<1	125	No ⁵		
Carr's Croissant Crackers, <i>Carr's</i>	3 (15 g)	3	1	115	Yes ¹	2	4
Carr's Poppy & Sesame Crackers, <i>Carr's</i>	4 (15 g)	4	1	135	No ⁵		
Carr's Table Water Crackers with Cracked Pepper, <i>Carr's</i>	5 (17 g)	1.5	0	100	No ⁵		
Carr's Table Water Crackers with Sesame Seeds, <i>Carr's</i>	5 (17 g)	1.5	0	95	No ⁵		
Carr's Wheat Meal Biscuits, <i>Carr's</i>	2 (17 g)	3.5	3	100	No ⁵		
Carr's Whole Wheat Crackers, <i>Carr's</i>	2 (17 g)	3.5	3	100	Yes ¹	2	3
Cheddar Cheese Crackers, <i>Castle Crest</i>	28 (30 g)	7	0	390	Yes ¹	10	19
Cheddar Cheese Crackers, <i>Castle Stauffer</i>	27 (30 g)	9	<1	500	Yes ¹	9	19
Cheddarfetti Crackers, <i>Stauffer's</i>	71 (30 g)	7	<1	100	Yes ¹	24	24
Cheddar Round Snack Crackers, <i>Kingston</i>	23 (31 g)	6	1	470	Yes ¹	8	15
Cheese & Peanut Butter, <i>Austin</i>	6 (39 g)	10	5	210	Yes ³	3	5
Cheese & Peanut Butter, <i>Keebler</i>	6 (38 g)	9	4	420	Yes ³	3	5
Cheese Club Sandwich Crackers, <i>Keebler</i>	14 (31 g)	9	4	300	Yes ³	8	15
Cheese Crackers, <i>America's Choice</i>	23 (30 g)	8	<1	250	Yes ¹	8	16
Cheese Crackers, <i>Kingston</i>	24 (30 g)	6	1	200	Yes ¹	8	16
Cheese Crackers, <i>Shoprite</i>	23 (30 g)	8	1	250	Yes ¹	8	16
Cheese Crackers, Golden Cheddar, <i>Kingston</i>	22 (28 g)	1.5	1	410	Yes	8	16
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Cheese Crackers (Reduced Fat), <i>America's Choice</i>	29 (30 g)	2	1	170	Yes ¹	10	20
Cheese Crackers with Peanut Butter, <i>Little Debbie</i>	4 (26 g)	8	2	210	Yes ³	3	5
Cheese Crispits, Berkley & Jensen	24 (30 g)	4.5	2	190	Yes ¹	8	16
Cheese Nips Original, <i>Nabisco</i>	29 (30 g)	6	0	310	Yes ¹	10	20
Cheese Nips Air Crisps, <i>Nabisco</i>	32 (30 g)	4	1	290	Yes ¹	11	22
Cheese on Cheese Crackers, <i>Austin</i>	6 (37 g)	7	4	310	Yes ³	3	6
Cheese Peanut Butter Crackers, <i>Frito Lay</i>	6 (39.6 g)	9	3		Yes ³	3	5
Cheese Snack Crackers, <i>Baker's Harvest</i>	23 (30 g)	8	<1	250	Yes ¹	8	16
Cheese Snack Crackers, <i>Shaw's</i>	23 (30 g)	8	1	250	Yes ¹	8	16
Cheese Snack Crackers, <i>Stop & Shop</i>	23 (30 g)	8	<1	250	Yes ¹	8	16
Cheese Sticks, <i>Pepperidge Farms</i>	8 (29 g)	6	0	350	Yes ¹	3	6
Cheese Tid-Bit, <i>Nabisco</i>	32 (30 g)	8	1	420	Yes ¹	11	22
Cheez-It Hot and Spicy Snack Crackers, <i>Sunshine</i>	26 (30 g)	8	<1	220	Yes ¹	9	18
Cheez-It Low Sodium Snack Crackers, <i>Sunshine</i>	27 (30 g)	8	<1	70	Yes ¹	10	19
Cheez-It Reduced Fat Snack Crackers, <i>Sunshine</i>	30 (30 g)	4.5	<1	280	Yes ¹	10	20
Cheese Nips Reduced Fat, <i>Nabisco</i>	31 (30 g)	3.5	0	310	Yes ¹	11	21
Cheez-It Snack Crackers, <i>Sunshine</i>	27 (30 g)	8	<1	240	Yes ¹	10	19
Cheez-It White Cheddar Snack Crackers, <i>Sunshine</i>	26 (30 g)	9	<1	280	Yes ¹	9	18
Chicken Flavored Crackers, <i>Castle Crest</i>	11 (31 g)	9	1	290	Yes ¹	4	8
Chicken Flavored Snack Crackers, <i>Glencourt</i>	12 (31 g)	9	1	290	Yes ¹	4	8
Chicken in a Biskit, <i>Nabisco</i>	14 (30 g)	9	2	270	Yes ¹	5	10
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Clix, <i>Stop & Shop</i>	9 (31 g)	9	2	230	Yes ¹	3	6
Clix, Unsalted Tops, <i>Stop & Shop</i>	9 (31 g)	8	2	175	Yes ¹	3	6
Club & Cheddar, <i>Keebler</i>	6 (36 g)	11	4	320	Yes ³	3	5
Club Partners Original, <i>Keebler</i>	4 (14 g)	3	1	160	Yes ¹	3	6
Club Partners Reduced Fat, <i>Keebler</i>	5 (16 g)	2	2	200	Yes ¹	4	7
Club Partners Reduced Sodium, <i>Keebler</i>	4 (14 g)	3	1	80	Yes ¹	3	6
Confetti Cheddar Crackers, <i>Staufer</i>	71 (30 g)	7	<1	100	Yes ¹	24	48
Corn Cakes, Blueberry Crunch, <i>Quaker</i>	1 (13 g)	0	4	0	No ⁶		
Corn Cakes, Butter Popped, <i>Quaker</i>	1 (13 g)	0	0	45	No ⁶		
Corn Cakes, Caramel, <i>Quaker</i>	1 (13 g)	0	4	30	No ⁶		
Corn Cakes, Caramel, <i>Shaw's</i>	1 (13g)	0	2	5	No ⁶		
Corn Cakes, Caramel, <i>Stop & Shop</i>	1 (13g)	0	2	5	No ⁶		
Corn Cakes, Caramel Mini, <i>Quaker</i>	5 (14 g)	0	3	70	No ⁶		
Corn Cakes, Caramel, <i>Quaker</i>	1 (13 g)	0	4		No ⁶		
Corn Cakes, Monterey Jack, <i>Quaker</i>	1 (10 g)	0	0	80	No ⁶		
Corn Cakes, Sour Cream & Onion, <i>Shaw's</i>	1 (12g)	0	0	35	No ⁶		
Corn Cakes, White Cheddar, <i>Quaker</i>	1 (10 g)	0	0	90	No ⁶		
Corn Cakes, White Cheddar, <i>Shaw's</i>	1 (11g)	0	0	45	No ⁶		
Corn Cakes, White Cheddar, <i>Stop & Shop</i>	1 (11 g)	0	0	45	No ⁶		
Cracked Pepper, Fat Free, <i>Shaw's</i>	10 (30 g)	0	2	250	Yes ¹	4	7
Crispy Crackers with Cream Cheese and Chives, <i>Little Debbie</i>	4 (26 g)	7	4	220	Yes ³	3	5
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Dinosaur Grahams, <i>Salerno</i>	1 (16 g)	2.5	4	65	Yes ²	2	3
Dinosaur Grahams, Mini, <i>Salerno</i>	15 (30 g)	5	7	125	Yes ²	9	18
Disney Rumbly Grahams, <i>Keebler</i>	20 (30 g)	5	8	120	Yes ²	9	17
Distinctive Butter Flavored Thins, <i>Pepperidge Farm</i>	4 (15 g)	3	1	95	Yes ¹	3	6
Distinctive Hearty Wheat Crackers, <i>Pepperidge Farm</i>	3 (16 g)	3.5	2	100	Yes ¹	2	4
Distinctive Sesame Crackers, <i>Pepperidge Farm</i>	3 (14 g)	2.5	0	95	Yes ¹	3	5
Dolphins & Friends Cheddar Crackers, <i>Austin Quality Foods</i>	114 (56 g)	11	1	940	Yes ¹	21	41
Dolphins & Friends Cheddar Crackers, <i>Austin Quality Foods</i>	60 (30 g)	6	<1	320	Yes ¹	20	40
Double Cross Snack Crackers, <i>Wal-Mart</i>	7 (31 g)	5	0	170	Yes ¹	3	5
Finger Foods Biter Biscuits, <i>Gerber</i>	1 (11 g)	0.5	3	30	Yes ¹	1	2
Fun-Tas-Stix Pretzels, <i>Shultz Food Co.</i>	18 (28 g)	1	<1	260	Yes ¹	7	13
Garden Vegetable Crackers, <i>Castle Crest</i>	13 (31 g)	7	1	490	Yes ¹	5	9
Garden Vegetable Snack Crackers, Reduced Fat, <i>Castle Crest</i>	13 (29 g)	3	2	290	Yes ¹	5	9
Garden Vegetable Snack Crackers, <i>Kingston</i>	14 (28 g)	1.5	2	500	Yes ¹	5	10
Garden Vegetable Snack Crackers, <i>Stop & Shop</i>	13 (31 g)	7	0	490	Yes ¹	5	9
Gerber Graduates Apple Graham Crisps, <i>Gerber</i>	2 (7 g)	1	2	30	Yes ²	4	8
Giant Goldfish Sandwich, Cheese on Original Cracker, <i>Pepperidge Farm</i>	4 (39 g)	11	5	430	Yes ³	2	4
Giant Goldfish Sandwich, Peanut Butter, <i>Pepperidge Farm</i>	4 (39 g)	9	3	310	Yes ³	2	4
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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Giant Goldfish Sandwich, Peanut Butter on Cheddar, <i>Pepperidge Farm</i>	4 (39 g)	9	3	310	Yes ³	2	4
Golden Cheddar Toast Crackers, <i>Frito Lay</i>	6 (45.3 g)	13	4	510	Yes ³	3	5
Goldfish Crackers Cheddar Cheese, <i>Pepperidge Farm</i>	55 (30 g)	6	0	200	Yes ¹	19	37
Goldfish Crackers Cheddar Cheese, Reduced Sodium, <i>Pepperidge Farm</i>	60 (30 g)	6	0	140	Yes ¹	20	40
Goldfish Crackers Original, <i>Pepperidge Farm</i>	55 (30 g)	6	0	230	Yes ¹	19	37
Goldfish Crackers Parmesan Cheese, <i>Pepperidge Farm</i>	60 (30 g)	5	0	300	Yes ¹	20	40
Goldfish Crackers, Pizza, <i>Pepperidge Farm</i>	55 (30 g)	6	<1	160	Yes ¹	19	37
Goldfish Graham Snacks, <i>Pepperidge Farm</i>	38 (30 g)	6	8	135	Yes ²	17	32
Goldfish Graham Snacks, Oatmeal, <i>Pepperidge Farm</i>	38 (30 g)	4.5	8	135	Yes ²	17	32
Goldfish Pretzels, <i>Pepperidge Farm</i>	45 (30 g)	2.5	<1	430	Yes ¹	16	31
Gourmet Crackers, <i>Kingston</i>	2 (30 g)	7	5	200	Yes ¹	1	2
Goya Cracker, Goya	4 (30 g)	4	0	130	Yes ¹	2	3
Graham Crackers Flavored with Honey, <i>Aldi, Inc.</i>	8 (30 g)	4	7	125	Yes ²	4	8
Graham Selects Chocolate, <i>Keebler</i>	8 (31 g)	5	8	125	Yes ²	4	7
Graham Selects Cinnamon Crisp, <i>Keebler</i>	8 (30 g)	5	9	170	Yes ²	4	7
Graham Selects Cinnamon, Low-Fat, <i>Keebler</i>	8 (28 g)	1.5	9	190	Yes ²	4	8
Grahams, <i>America's Choice</i>	8 (27 g)	3.5	6	95	Yes ²	4	8
Grahams, <i>Nabisco</i>	8 (28 g)	3	7	180	Yes ²	4	8
Grahams, Chocolate, <i>America's Choice</i>	8 (29 g)	3	7	120	Yes ²	4	8
Grahams, Cinnamon, <i>America's Choice</i>	8 (27 g)	5	7	85	Yes ²	4	8
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Grahams, Cinnamon, Baker's Harvest, <i>Bremner</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Cinnamon, Granny Ella's, <i>Moran Foods</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Cinnamon, <i>Kingston</i>	8 (30 g)	1	8	160	Yes ²	4	7
Grahams, Cinnamon, <i>Price Chopper</i>	8 (27 g)	1.5	6	120	Yes ²	4	8
Grahams, Cinnamon, <i>Ralston</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Cinnamon, <i>Salerno</i>	8 (31 g)	6	8	115	Yes ²	4	7
Grahams, Cinnamon, <i>Shaw's</i>	8 (31 g)	6	8	150	Yes ²	4	7
Grahams, Cinnamon, <i>Stop & Shop</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Cinnamon, <i>Sweet Life</i>	8 (31 g)	5	8	170	Yes ²	4	7
Grahams, Cinnamon Honey, <i>IGA</i>	8 (30 g)	4	7	110	Yes ²	4	7
Grahams, Cinnamon Honey, <i>Kingston</i>	8 (30 g)	4	7	110	Yes ²	4	7
Grahams, Crunchy Cinnamon, <i>America's Choice</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Crunchy Cinnamon, Low Fat, <i>America's Choice</i>	8 (27 g)	1.5	6	120	Yes ²	4	8
Grahams, Honey, <i>America's Choice</i>	8 (27 g)	3.5	6	95	Yes ²	4	8
Grahams, Honey, Granny Ella's, <i>Moran Foods</i>	8 (27 g)	3.5	6	95	Yes ²	4	8
Grahams, Honey, <i>Kingston</i>	8 (30 g)	4	6	110	Yes ²	4	7
Grahams, Honey, <i>Penn & Liberty Select, Atlantic Baking Group</i>	8 (30 g)	3	8	160	Yes ²	4	7
Grahams, Honey, <i>Price Chopper</i>	8 (27 g)	5	7	85	Yes ²	4	8
Grahams, Honey, <i>Shaw's</i>	8 (28 g)	4	6	130	Yes ²	4	8
Grahams, Honey, <i>Sunshine</i>	8 (28 g)	3	7		Yes ²	4	8
Grahams, Honey, <i>Sweet Life</i>	8 (31g)	6	7	140	Yes ²	4	7
Grahams, Honey, Low Fat, <i>Kingston</i>	8 (27 g)	1	7	150	Yes ²	4	8
Grahams, Honey, Original Style, <i>Ralston</i>	8 (27 g)	3.5	6	95	Yes ²	1	2

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Grahams, Honey Maid, <i>Nabisco</i>	8 (28 g)	3	7	180	Yes ²	4	8
Grahams, Honey Maid, Chocolate, <i>Nabisco</i>	8 (28 g)	3	8	170	Yes ²	4	8
Grahams, Milk and Honey, <i>Salerno</i>	8 (28 g)	4	6	125	Yes ²	4	8
Graham Selects, Honey Low-Fat, <i>Keebler</i>	9 (31 g)	1.5	9	210	Yes ²	3	6
Graham Selects Original, <i>Keebler</i>	8 (29 g)	3	7	135	Yes ²	4	7
Grahams, Sugar Honey, <i>Shop Rite</i>	8 (27 g)	3.5	6	95	Yes ²	4	8
Grahams, Sugar Honey, <i>Stop & Shop</i>	8 (27 g)	3.5	6	95	Yes ²	4	8
Harvest Bakery Crackers, Cornbread, <i>Keebler</i>	2 (16 g)	3	2	105	Yes ¹	2	3
Harvest Crisps 5-Grain, <i>Nabisco</i>	13 (31 g)	3.5	4	340	Yes ¹	5	9
Harvest Crisps Garden Vegetable, <i>Nabisco</i>	15 (30 g)	3.5	4	290	Yes ¹	5	10
Harvest Crisps Italian Herb, <i>Nabisco</i>	13 (31 g)	3.5	3	460	Yes ¹	5	9
Herb and Garlic, <i>Shaw's</i>	10 (30 g)	0	2	270	Yes ¹	4	7
Hi-Ho Regular, <i>Sunshine</i>	9 (31 g)	9	2	130	Yes ¹	3	6
Hol-grain Crackers, Brown Rice, <i>Conrad Rice Mill</i>	7 (16 g)	0	0	45	Yes ¹	5	9
Honey Maid Crisps Graham Snacks, <i>Nabisco</i>	18 (31 g)	1.5	11	190	Yes ²	8	15
Honey Maid Grahams Cinnamon Sticks, <i>Nabisco</i>	13 (29 g)	2.5	10	150	Yes ²	6	12
Honey Maid Grahams Honey Sticks, <i>Nabisco</i>	14 (30 g)	2.5	10	150	Yes ²	7	12
Honey Maid Grahams, Chocolate, <i>Nabisco</i>	8 (28 g)	3	8	180	Yes ²	4	8
Honey Maid Grahams, Cinnamon, <i>Nabisco</i>	8 (28 g)	3	11	210	Yes ²	4	8
Honey Maid Grahams, Low Fat Cinnamon, <i>Nabisco</i>	8 (28 g)	1.5	10	170	Yes ²	4	8
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Honey Maid Grahams, Low Fat, <i>Nabisco</i>	8 (28 g)	1.5	8	190	Yes ²	4	8
Jacob's Biscuits for Cheese, <i>W & R Jacob & Co.</i>	5 (32 g)	5	2	210	Yes ¹	2	4
Jacob's Cream Crackers, <i>W & R Jacob & Co.</i>	3 (27 g)	4	0	130	No ⁵		
Kavli Crispy Thin Crispbread, <i>Kavli</i>	3 (15 g)	0	0	40	Yes ¹	2	4
Lavasch Craquelins Wafer Bread, <i>Nejames</i>	½ (15 g)	1.1	0	60	No ⁵		
Matzos, Everything!, <i>Manischewitz</i>	1 (28 g)	0.5	0	150	Yes ¹	1	1
Matzos Miniatures, <i>Manischewitz</i>	13 (28 g)	0.5	1	0	Yes ¹	5	10
Matzos Miniatures, Savory Garlic, <i>Manischewitz</i>	10 (30 g)	5	2	200	Yes ¹	4	7
Matzos, Apple Cinnamon, <i>Manischewitz</i>	1 (28 g)	0	5	60	Yes ¹	½	1
Matzos, Egg 'n Onion, <i>Manischewitz</i>	1 (28 g)	1	2	200	Yes ¹	½	1
Matzos, Honey & Spice, <i>Manischewitz</i>	1 (28 g)	1	3	60	Yes ¹	½	1
Matzos, Onion and Poppy, <i>Manischewitz</i>	1 (28 g)	0.5	0	150	Yes ¹	½	1
Matzos, Unsalted, <i>Manischewitz</i>	1 (28 g)	0	1	0	Yes ¹	½	1
Matzos, Whole Wheat, <i>Manischewitz</i>	1 (28 g)	.5	1	0	Yes ¹	½	1
Melba Snacks Bacon, <i>Old London</i>	5 (15 g)	1.5	0	110	Yes ¹	4	7
Melba Snacks Garlic, <i>Old London</i>	5 (15 g)	1.5	0	90	Yes ¹	4	7
Melba Snacks Mexicali Corn, <i>Old London</i>	5 (15 g)	1.5	0	100	Yes ¹	4	7
Melba Snacks Onion, <i>Old London</i>	3 (14 g)	.5	0	100	Yes ¹	3	5
Melba Snacks Rye, <i>Old London</i>	3 (14 g)	.5	0	95	Yes ¹	3	5

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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Melba Snacks Sesame, <i>Old London</i>	5 (15 g)	3	0	110	Yes ¹	4	7
Melba Snacks White, <i>Old London</i>	3 (14 g)	.5	0	95	Yes ¹	3	5
Melba Snacks Whole Grain, <i>Old London</i>	5 (15 g)	0	1	90	Yes ¹	4	7
Melba Toast Onion, Low Fat, <i>Old London</i>	3 (14 g)	0.5	0	95	Yes ¹	3	5
Melba Toast Sesame, <i>Old London</i>	3 (14 g)	1.5	1	140	Yes ¹	3	5
Milk Lunch New England Biscuits, <i>LU</i>	4 (32 g)	4	3	220	Yes ¹	2	3
Mini Dinosaur Graham Snacks, <i>Salerno</i>	15 (30 g)	5	7	125	Yes ²	7	13
Multi-Grain, Fat Free, <i>Shaw's</i>	10 (30 g)	0	2	270	Yes	4	7
Multi-Grain Snack Crackers, <i>Kingston</i>	19 (31 g)	5	3	240	Yes	7	13
Munch'Ems Cheddar, <i>Keebler</i>	30 (28 g)	6	2	330	Yes	10	19
Munch'Ems Ranch 55% Less Fat, <i>Keebler</i>	33 (29 g)	4	2	310	Yes	12	23
Munch'Ems Salsa, 33% Less Fat, <i>Keebler</i>	28 (31 g)	4	3	260	No ⁵		
Munch'Ems Savory Original 55% Less Fat, <i>Keebler</i>	35 (30 g)	4	1	450	Yes ¹	12	24
Munch'Ems Sour Cream & Onion, <i>Keebler</i>	33 (30 g)	3.5	2	330	Yes ¹	12	23
Nabs Cheese with Peanut Butter, <i>Nabisco</i>	6 (40 g)	10	3	390	Yes ³	3	5
Nabs Toast with Peanut Butter, <i>Nabisco</i>	6 (40 g)	10	4	380	Yes ³	3	5
Oat Thins, <i>Nabisco</i>	18 (30 g)	6	2	190	Yes ¹	7	13
Organic Biscuits for Teethers, <i>Healthy Times</i>	2 (28 g)	3	2	7	Yes ¹	2	3
Oyster Crackers, <i>America's Choice</i>	35 (15g)	2	0	150	Yes ¹	24	47
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Oyster Crackers, <i>Mama's</i>	42 (15g)	1.5	0	130	Yes ¹	28	56
Oyster Crackers, <i>Price Chopper</i>	42 (15 g)	1.5	0	130	Yes ¹	28	56
Oysterettes, <i>Nabisco</i>	19 (15 g)	2.5	0		Yes ¹	13	26
Party Snack Crackers, <i>Kingston</i>	16 (30 g)	8	1	410	Yes ¹	6	11
Peanut Butter on Toastchee, <i>Lance</i>	6 (42.5 g)	12	3	430	Yes ³	3	5
Piper's Supreme Snack Crackers, <i>Moran Foods</i>	9 (31 g)	8	2	230	Yes ¹	3	6
Popcorn Rice Cakes, Mini, White Cheddar, <i>Hain</i>	6 (15 g)	3	0	75	No ⁶		
Premium Gold Crackers, <i>Nabisco</i>	4 (15 g)	3	1	180	Yes ¹	3	6
Pretzel Air Crisps, <i>Nabisco</i>	22 (28 g)	0	2	550	Yes ¹	8	16
Pretzels, Bavarian Thin Style, <i>Stop & Shop</i>	9 (32 g)	1	1	400	Yes ¹	4	7
Pretzels, Butter Twist, <i>Bachman</i>	5 (30 g)	1	1	820	Yes ¹	2	4
Pretzels, Dipping Sticks, Fat Free, <i>Snyder's</i>	20 (28 g)	0	<1	330	No ⁵		
Pretzels, Fat Free, <i>Anderson</i>	2 (29 g)	0	<1	400	Yes ¹	8	16
Pretzels, Hard Fat Free, <i>Wege</i>	1 (24 g)	0	<1	470	No ⁵		
Pretzels, Mini, <i>Big Y</i>	21 (31 g)	1.5	2	420	Yes ¹	8	15
Pretzels, Mini, <i>Price Chopper</i>	18 (28 g)	1	<1	350	Yes ¹	7	13
Pretzels, Mini, <i>Reisman</i>	20 (30 g)	1	1	450	Yes ¹	7	14
Pretzels, Mini, <i>Shaw's</i>	18 (28 g)	<1	<1	350	Yes ¹	7	14
Pretzels, Mini, <i>ShopRite</i>	18 (28 g)	<1	<1	390	Yes ¹	7	13
Pretzels, Mini, <i>State Line</i>	21 (31 g)	1.5	2	420	No ⁵		
Pretzels, Mini, <i>Stop & Shop</i>	23 (30 g)	1	1	400	Yes ¹	8	16
Pretzels, Mini Bite Size, <i>Bachman</i>	17 (30 g)	1	<1	850	Yes ¹	6	12
Pretzels, Mini Fat Free, <i>Snyder's</i>	20 (30 g)	0	<1	250	No ⁵		
Pretzels, Mini Unsalted Fat Free, <i>Snyder's</i>	20 (30 g)	0	<1	75	No ⁵		

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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Pretzels, Mini Unsalted Low Fat, <i>America's Choice</i>	18 (28 g)	<1	<1	74	Yes ¹	7	14
Pretzels, Oat Bran, <i>Snyder's</i>	3 (28 g)	1	<1	250	Yes ¹	2	3
Pretzels, Olde Tyme, <i>Snyder's</i>	3 (30 g)	1	1	330	No ⁵		
Pretzels, Olde Tyme Unsalted, <i>Snyder's</i>	3 (30 g)	1	1	75	No ⁵		
Pretzels, Party Minis Fat Free, <i>Quinlin</i>	22 (28 g)	0	<1	540	No ⁵		
Pretzels, Rings Unsalted, <i>Reisman</i>	23 (30 g)	1	1	60	Yes ¹	8	16
Pretzels, Hard Sourdough, Shaws	1 (21 g)	0	<1	210	Yes ¹	1	1
Pretzels, Hard Unsalted Fat Free, <i>Wege</i>	1 (24 g)	0	<1	60	Yes ¹	1	1
Pretzels, Homestyle, <i>Snyder's</i>	4 (31 g)	1	<1	125	Yes ¹	2	3
Pretzels, Honey, Mustard & Onion Sourdough Hard Pieces, <i>Snyder's</i>	1/3 cup (28 g)	7	3	240	No ⁵		
Pretzels, Honey, Mustard & Onion Nibblers, <i>Snyder's</i>	13 (30 g)	3	<1	95	No ⁵		
Pretzels, Honey Wheat Sesame, <i>Snyder's</i>	2 (30 g)	1	4	20	Yes ¹	1	2
Pretzels, Rods, <i>Anderson</i>	2 (28 g)	0	<1	470	Yes ¹	1	2
Pretzels, Rods, <i>Bachman</i>	2 (30 g)	.5	1	260	Yes ¹	1	2
Pretzels, Rods, <i>Big Y</i>	4 (28 g)	1	2	420	No ⁵		
Pretzels, Rods, Shaws	3 (28 g)	0	<1	280	Yes ¹	2	3
Pretzels, Rods, <i>Snyder's</i>	3 (31 g)	1	<1	400	No ⁵		
Pretzels, Rods, <i>State Line</i>	4 (28 g)	1	2	420	Yes ¹	2	3
Pretzels, Rods, Old Fashioned, <i>Reisman</i>	3 (30 g)	1	1	400	Yes ¹	1	2
Pretzels, Rold Gold Crisp Thins, <i>Frito Lay</i>	10 (28 g)	1	1	670	Yes ¹	4	8
Pretzels, Rold Gold Thins Fat Free, <i>Frito Lay</i>	12 (28 g)	0	<1	520	Yes ¹	5	9
Pretzels, Rold Gold Sourdough Fat Free, <i>Frito Lay</i>	1 (20 g)	0	0	220	Yes ¹	1	1

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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Pretzels, Salt & Pepper Rounds, <i>Newman's Own</i>	10 (30 g)	1	1	400	Yes ¹	4	7
Pretzels, Salted Rounds, <i>Newman's Own</i>	10 (30 g)	1	1	400	Yes ¹	4	7
Pretzels, Salted Sticks, <i>Newman's Own</i>	17 (30 g)	1	1	350	Yes ¹	6	12
Pretzels, Super Thins, <i>Reisman</i>	10 (30 g)	1	1	290	Yes ¹	4	7
Pretzels, Super Thins Fat Free, <i>Reisman</i>	10 (30 g)	0	1	290	Yes ¹	4	7
Pretzels, Sourdough Fat Free, <i>Snyder's</i>	1 (28 g)	0	0	240	No ⁵		
Pretzels, Sourdough Honey Wheat with Sesame, <i>Wege</i>	1 (24 g)	1.5	4	20	Yes ¹	1	1
Pretzels, Sourdough Original, Fat Free, <i>Bachman</i>	1 (24 g)	0	<1	420	Yes ¹	1	1
Pretzels, Sourdough Unsalted Fat Free, <i>Snyder's</i>	1 (28 g)	0	<1	90	No ⁵		
Pretzels, Sourdough Nibblers, <i>Snyder's</i>	16 (30 g)	0	<1	200	No ⁵		
Pretzels, Sticks, <i>Big Y</i>	45 (30 g)	0	1	460	Yes ¹	1	2
Pretzels, Sticks, Low Fat, <i>America's Choice</i>	35 (28 g)	<1	<1	310	Yes ¹	13	25
Pretzels, Stix, <i>Stop & Shop</i>	45 (30 g)	0	1	400	Yes ¹	18	36
Pretzels, Thin 'n Right, <i>Bachman</i>	12 (30 g)	1	<1	650	Yes ¹	4	8
Pretzels, Thin Sticks, <i>Reisman</i>	60 (30 g)	1	1	450	Yes ¹	20	40
Pretzels, Thin Twists, <i>Shaw's</i>	6 (28 g)	<1	<1	380	Yes ¹	3	5
Pretzels, Thins, <i>Price Chopper</i>	6 (28 g)	<1	<1	380	Yes ¹	3	5
Pretzels, Thins, <i>ShopRite</i>	6 (28 g)	<1	<1	380	Yes ¹	3	5
Pretzels, Thins, <i>Quinlin</i>	8 (28 g)	1	1	760	No ⁵		
Pretzels, Thins Fat Free, <i>Bachman</i>	11 (28 g)	0	<1	630	Yes ¹	4	8
Pretzels, Twists, <i>America's Choice</i>	6 (28 g)	<1	<1	380	Yes ¹	3	5
Pretzels, Twists, <i>Bachman</i>	5 (30 g)	1	<1	650	Yes ¹	2	4
Pretzels, Twists, <i>Big Y</i>	11 (30 g)	1	1	410	No ⁵		

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Pretzels, Ultra Thin Fat Free, <i>Snyder's</i>	11 (30 g)	0	1	330	No ⁵		
Pretzels, Unsalted Rounds, <i>Newman's Own</i>	10 (30 g)	1	1	105	Yes ¹	4	7
Rice Cakes, Apple Cinnamon, <i>Foodland Industries</i>	1 (13 g)	0	4	20	Yes ¹	2	3
Rice Cakes, Apple Cinnamon, <i>Kingston</i>	1 (12 g)	0	2	0	Yes ⁴	2	3
Rice Cakes, Apple Cinnamon, <i>Master's Choice</i>	1 (12 g)	0	0	1	Yes ⁴	2	3
Rice Cakes, Apple Cinnamon, <i>Quaker</i>	1 (13 g)	0	4	0	Yes ⁴	2	3
Rice Cakes, Apple Cinnamon, <i>Shaw's</i>	1 (12 g)	0	1	0	Yes ⁴	2	3
Rice Cakes, Apple Cinnamon, <i>Stop & Shop</i>	1 (12 g)	0	1	0	Yes ⁴	2	3
Rice Cakes, Apple Cinnamon Mini, <i>Quaker</i>	5 (14 g)	0	4	0	Yes ⁴	5	10
Rice Cakes, Apple Cinnamon Mini, <i>Shaw's</i>	5 (13 g)	0	2.5	0	Yes ⁴	6	12
Rice Cakes, Banana Nut, <i>Quaker</i>	1 (13 g)	0	5	45	Yes ⁴	2	3
Rice Cakes, Banana Nut Mini, <i>Quaker</i>	5 (14 g)	0	4		Yes ⁴	5	10
Rice Cakes, Butter & Sesame Bagel Chip, <i>Hain</i>	1 (11 g)	0.5	0	100	Yes ⁴	1	2
Rice Cakes, Caramel Corn, <i>Master's Choice</i>	1 (12 g)	0	2	5	Yes ⁴	2	3
Rice Cakes, Caramel Corn Mini, <i>Shaw's</i>	5 (13 g)	0	3	30	Yes ⁴	6	12
Rice Cakes, Cinnamon Crunch, <i>Quaker</i>	1 (13 g)	0	4	25	Yes ⁴	2	3
Rice Cakes, Cinnamon Raisin, <i>Hain</i>	1 (11 g)	0.5	0	10	Yes ⁴	1	2
Rice Cakes, Chocolate Crunch, <i>Quaker</i>	1 (13 g)	0	4	35	Yes ⁴	2	3
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Rice Cakes, Chocolate Crunch Mini, <i>Quaker</i>	5 (14 g)	1	4	25	Yes ⁴	6	11
Rice Cakes, Honey Nut Mini, <i>Quaker</i>	5 (14 g)	0	3	25	Yes ⁴	5	10
Rice Cakes, Lightly Salted, <i>Master's Choice</i>	1 (12 g)	0	0	10	Yes ⁴	2	3
Rice Cakes, Mini Munchies, Banana Split, <i>Hain</i>	5 (14 g)	0	4	15	Yes ⁴	4	7
Rice Cakes, Mini Munchies, Chocolate Mint Crunch, <i>Hain</i>	5 (14 g)	0	4	15	Yes ⁴	6	11
Rice Cakes, Mini Munchies, Devil's Food, <i>Hain</i>	5 (14 g)	1	2	60	Yes ⁴	6	11
Rice Cakes, Mini Munchies, Peanut Butter Crunch, <i>Hain</i>	5 (14 g)	0.5	4	20	Yes ⁴	6	11
Rice Cakes, Mini Munchies, Strawberry Cheesecake, <i>Hain</i>	5 (15 g)	0	3	15	Yes ⁴	4	7
Rice Cakes, Monterey Jack Mini, <i>Quaker</i>	6 (14 g)	0	1		Yes ⁴	7	13
Rice Cakes, Multi Grain, <i>Master's Choice</i>	1 (12 g)	0	0	0	Yes ⁴	2	3
Rice Cakes, Multi Grain, <i>Shaw's</i>	1 (12 g)	0	0	10	Yes ⁴	2	3
Rice Cakes, Multi Grain, <i>Stop & Shop</i>	1 (12 g)	0	0	0	Yes ⁴	2	3
Rice Cakes, Onion & Poppy, <i>Hain</i>	1 (11 g)	1	1	100	Yes ⁴	1	2
Rice Cakes, Plain, <i>Shaw's</i>	1 (12 g)	0	0	10	Yes ⁴	2	3
Rice Cakes, Plain, <i>Stop & Shop</i>	1 (12 g)	0	0	15	Yes ⁴	2	3
Rice Cakes, Plain Unsalted <i>Shaw's</i>	1 (12 g)	0	0	0	Yes ⁴	2	3
Rice Cakes, Salt Free, <i>Quaker</i>	1 (9 g)	0	0	0	Yes ⁴	2	3
Rice Cakes, Sesame, <i>Stop & Shop</i>	1 (12 g)	0	0	0	Yes ⁴	2	3
Rice Cakes, Sour Cream & Onion, <i>Shaw's</i>	1 (12 g)	0	0	35	Yes ⁴	2	3
Rice Cakes, Strawberry Crunch, <i>Quaker</i>	1 (13 g)	0	4	0	Yes ⁴	2	3
Rice Cakes, White Cheddar, <i>Shaw's</i>	1 (11 g)	0	0	45	Yes ⁴	1	2
Rice Cakes, White Cheddar Mini, <i>Quaker</i>	6 (14 g)	0	0	120	Yes ⁴	7	13
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Ritz Air Crisps, <i>Nabisco</i>	24 (30 g)	5	3	340	Yes ¹	8	16
Ritz Bits Sandwich, Cheese, <i>Nabisco</i>	14 (31 g)	10	3	300	Yes ³	8	15
Ritz Bits Sandwich, Peanut Butter, <i>Nabisco</i>	14 (31 g)	8	3	200	Yes ³	8	15
Ritz Crackers with Whole Wheat, <i>Nabisco</i>	5 (15 g)	2.5	1	120	Yes ¹	4	7
Ritz Low Sodium, <i>Nabisco</i>	5 (16 g)	4	1	35	Yes ¹	4	7
Ritz Original, <i>Nabisco</i>	5 (16 g)	4	1	135	Yes ¹	4	7
Ritz Reduced Fat, <i>Nabisco</i>	5 (15 g)	2.5	1	140	Yes ¹	4	7
Ritz Sandwich Crackers with Cheese, <i>Nabisco</i>	6 (40 g)	12	4		Yes ³	3	5
Ritz Sandwich Crackers, Cheese with Peanut Butter, <i>Nabisco</i>	6 (40 g)	13	2		Yes ³	3	5
Royal Lunch Milk Crackers, <i>Nabisco</i>	1 (11 g)	2	<1	65	Yes ¹	1	2
Ryvita Dark Rye Crispbread, <i>Ryvita Co.</i>	2 (18 g)	.5	1	80	Yes ¹	2	3
Ryvita Flavorful Fiber Crispbread, <i>Ryvita Co.</i>	2 (18 g)	.5	1	20	Yes ¹	2	3
Ryvita Sesame Rye Crispbread, <i>Ryvita Co.</i>	2 (18 g)	1.5	1	60	Yes ¹	2	3
Ryvita Tasty Light Crispbread, <i>Ryvita Co.</i>	2 (18 g)	0	1	20	Yes ¹	2	3
Saltines, <i>America's Choice</i>	5 (15 g)	2	0	135	Yes ¹	4	7
Saltines, Fat Free, <i>America's Choice</i>	5 (16 g)	0	0	135	Yes ¹	4	7
Saltines, <i>Kingston</i>	5 (15 g)	1.5	0	180	Yes ¹	4	7
Saltines, <i>Price Chopper</i>	5 (15 g)	1.5	0	180	Yes ¹	4	7
Saltines, <i>Shaw's</i>	5 (14 g)	1.5	<1	180	Yes ¹	4	8
Saltines, <i>Shoprite</i>	5 (14g)	2	0	140	Yes ¹	4	8
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Saltines, <i>Sweet Life</i>	5 (15 g)	2	0	190	Yes ¹	4	7
Saltines, <i>Stop & Shop</i>	5 (14 g)	2	<1	140	Yes ¹	4	8
Saltines, Fat Free, <i>Salerno</i>	5 (15 g)	0	0	350	Yes ¹	4	7
Saltines, Krispy Fat Free, <i>Sunshine</i>	5 (15 g)	0	0		Yes ¹	4	7
Saltines, Krispy Original, <i>Sunshine</i>	5 (14 g)	1.5	<1	180	Yes ¹	4	8
Saltines, Krispy Unsalted Tops, <i>Sunshine</i>	5 (14 g)	1.5	<1	120	Yes ¹	4	8
Saltines, Krispy with Whole Wheat, <i>Sunshine</i>	5 (14 g)	1.5	<1		Yes ¹	4	8
Saltines, Original, <i>America's Choice</i>	5 (14 g)	2	0	140	Yes ¹	4	8
Saltines, Premium Fat Free, <i>Nabisco</i>	5 (14 g)	0	0	180	Yes ¹	4	8
Saltines, Premium Low Sodium, <i>Nabisco</i>	5 (14 g)	1	0	35	Yes ¹	4	8
Saltines, Premium Original, <i>Nabisco</i>	5 (14 g)	1.5	0	180	Yes ¹	4	8
Saltines, Premium Unsalted Tops, <i>Nabisco</i>	5 (14 g)	1.5	0	135	Yes ¹	4	8
Saltines, Thin, Cracker Shop, <i>Aldi Foods</i>	5 (15 g)	1.5	0	240	Yes ¹	4	7
Saltines, Thin-N-Crisp, <i>IGA</i>	5 (15 g)	2	0	190	Yes ¹	4	7
Saltines, Unsalted Tops, <i>America's Choice</i>	5 (15 g)	2	0	135	Yes ¹	4	7
Saltines, Unsalted Tops, <i>Kingston</i>	5 (15 g)	1.5	0	100	Yes ¹	4	7
Saltines, Unsalted Tops, <i>Shaw's</i>	5 (14 g)	1.5	<1	120	Yes ¹	4	7
Saltines, Unsalted Tops, <i>Stop & Shop</i>	5 (15 g)	2	<1	135	Yes ¹	4	7
Saltines, Zesta Fat Free, <i>Keebler</i>	5 (14 g)	0	0	150	Yes ¹	4	8
Saltines, Zesta Original, <i>Keebler</i>	5 (15 g)	2	0		Yes ¹	4	7
Saltines, Zesta Reduced Sodium, <i>Keebler</i>	5 (15 g)	2	0	95	Yes ¹	4	7

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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Saltines, Zesta Unsalted Tops, <i>Keebler</i>	5 (15 g)	2	0	90	Yes ¹	4	7
Sea Crisp Unsalted Tops, <i>Salerno</i>	1 (10 g)	1	0	95	Yes ¹	1	2
Select Original, <i>Stop & Shop</i>	6 (30 g)	8	1	200	Yes ¹	2	4
Select Whole Wheat, <i>Stop & Shop</i>	6 (29 g)	7	2	240	Yes ¹	3	5
Select Vegetable, <i>Stop & Shop</i>	6 (30 g)	7	3	250	Yes ¹	2	4
Sesame Street Tickles Baked Snack Crackers, <i>Keebler</i>	48 (30 g)	6	1	270	Yes ¹	16	32
Sesame Wheat Snack Crackers, <i>Kingston</i>	12 (28 g)	1.5	3	480	Yes ¹	5	9
Smoked Bacon Snack Crackers, <i>Kingston</i>	14 (28 g)	1.5	1	490	Yes ¹	5	10
Snack Crackers, <i>IGA</i>	4 (14 g)	3.5	1	200	Yes ¹	3	6
Snack Crackers, <i>Sunny</i>	5 (16 g)	4	1	160	Yes ¹	4	7
Snack Crackers, <i>Sweet Life</i>	5 (16 g)	4	1	200	Yes ¹	4	7
Snack Rite All Purpose Crackers, <i>Aldi Inc.</i>	9 (31 g)	8	2	250	Yes ¹	3	6
Snack Rite Cheese Crackers, <i>Aldi, Inc.</i>	23 (30 g)	8	<1	250	Yes ¹	8	16
Snack Sticks, Pretzel, <i>Pepperidge Farm</i>	13 (31 g)	0	2	370	Yes ¹	5	9
Snack Sticks, Pumpernickel, <i>Pepperidge Farm</i>	15 (30 g)	1.5	2	380	Yes ¹	5	10
Snack Sticks, Sesame, <i>Pepperidge Farm</i>	9 (31 g)	6	<1	340	Yes ¹	3	6
Snack Sticks, Three Cheese, <i>Pepperidge Farm</i>	9 (31 g)	5	<1	410	Yes ¹	3	6
Snackers All Purpose Cracker, <i>Price Chopper</i>	9 (31 g)	8	2	230	Yes ¹	3	6
Snackers All Purpose Cracker, Reduced Fat), <i>Price Chopper</i>	10 (31 g)	5	2	160	Yes ¹	4	7
Snackers Snack Crackers, <i>America's Choice</i>	9 (31 g)	8	2	230	Yes ¹	3	6
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Snackers Snack Crackers, Unsalted Tops, <i>America's Choice</i>	9 (31 g)	8	2	175	Yes ¹	3	6
Snackin' Grahams, <i>Keebler</i>	21 (29 g)	3	9	210	Yes ¹	10	19
Snackwells Cinnamon Graham Snacks (Stars), Fat Free, <i>Nabisco</i>	20 (30 g)	0	9	90	Yes	12	24
SnackRite All-Purpose Snack Crackers, <i>Aldi Inc.</i>	9 (31 g)	8	2	250	Yes ¹	3	6
SnackRite Cheese Crackers, <i>Aldi Inc.</i>	23 (30 g)	8	<1	250	Yes ¹	8	16
Snackwells Classic Golden, Reduced Fat, <i>Nabisco</i>	6 (14 g)	1	2	140	Yes ¹	5	9
Snackwells Cracked Pepper, Fat Free, <i>Nabisco</i>	7 (15 g)	0	1	150	Yes ¹	5	10
Snackwells French Onion, Reduced Fat, <i>Nabisco</i>	32 (30 g)	2	2	290	Yes ¹	11	22
Snackwells Wheat, Fat Free, <i>Nabisco</i>	5 (15 g)	0	2	170	Yes ¹	4	7
Snackwells Zesty Cheese, Reduced Fat, <i>Nabisco</i>	32 (30 g)	2	2	330	Yes ¹	11	22
Snax All Occasion Crackers, <i>Shaw's</i>	4 (14 g)	3.5	1	200	Yes ¹	3	6
Snax Stix Baked Snack Crackers, Zest Cheddar, <i>Keebler</i>	20 (30 g)	5	2	370	Yes ¹	7	14
Snorkels, Cheddar, <i>Nabisco</i>	56 (30 g)	5	0		Yes ¹	19	38
Sociables, <i>Nabisco</i>	7 (15 g)	4	1	150	Yes ¹	5	10
Soup & Chili Crackers, <i>Delicious Co.</i>	45 (15 g)	1.5	0	150	Yes ¹	31	61
Soup & Oyster Crackers, <i>America's Choice</i>	35 (15 g)	2	0	150	Yes ¹	24	48
Soup & Oyster Crackers, <i>Shaw's</i>	17 (15 g)	1.5	1	200	Yes ¹	12	23
Soup & Oyster Crackers, <i>Stop & Shop</i>	35 (15 g)	2	0	150	Yes ¹	24	47
Soup & Oyster Crackers, <i>Stop & Shop</i>	33 (15 g)	2	0	150	Yes ¹	23	45
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Soup & Oyster Crackers, Krispy, <i>Sunshine</i>	17 (15 g)	1.5	<1	200	Yes ¹	12	23
Soup & Oyster Crackers, Premium, <i>Nabisco</i>	23 (15 g)	1.5	0	230	Yes ¹	16	31
Sour Cream and Chive Snack Crackers, <i>Stop & Chop</i>	9 (31 g)	9	2	250	Yes ¹	3	6
Sour Cream Crackers, <i>Castle Crest</i>	10 (30 g)	6	2	290	Yes ¹	4	7
Sportz Cheddar Snack Crackers, <i>Nabisco</i>	40 (30 g)	7	0	260	Yes ¹	14	27
Stoned Rye, <i>Red Oval</i>	2 (15 g)	1.5	0	105	Yes ¹	2	3
Stoned Wheat Thins, <i>Red Oval</i>	2 (14 g)	1.5	0	140	Yes ¹	2	3
Stoned Wheat Thins, Lower Sodium, <i>Red Oval</i>	2 (14 g)	1.5	0	70	Yes ¹	2	3
Stoned Wheat Thins Minis, <i>Red Oval</i>	19 (31 g)	4	1	300	Yes ¹	7	13
Swiss Cheese Crackers, <i>Nabisco</i>	15 (29 g)	7	2	350	Yes ¹	6	11
Teddy Grahams, Chocolate, <i>Nabisco</i>	25 (30 g)	5	9	150	Yes	15	30
Teddy Grahams, Cinnamon, <i>Nabisco</i>	25 (30 g)	4	8	150	Yes	15	30
Teddy Grahams, Honey, <i>Nabisco</i>	25 (30 g)	4	8	150	Yes	15	30
Teddy Grahams Dizzy Grizzlies Chocolate Frosted Grahams, <i>Nabisco</i>	7 (29 g)	5	11	130	Yes ³	7	13
Teddy Grahams Dizzy Grizzlies Vanilla Frosted Grahams, <i>Nabisco</i>	7 (29 g)	5	12	120	Yes ³	7	13
Thin Wheat Crackers, <i>Kingston</i>	14 (30 g)	5	1	200	Yes ¹	5	10
Thin Wheat Crackers, <i>Shaw's</i>	16 (29 g)	6	2	120	Yes ¹	6	12
Thin Wheat Snack, <i>Stop & Shop</i>	16 (29 g)	6	2	120	Yes ¹	6	12
Thin Wheat Snack Crackers, <i>Baker's Harvest, Bremner</i>	16 (29 g)	6	2	120	Yes ¹	6	12
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Three Cheese Snack Sticks, <i>Pepperidge Farms</i>	9 (31 g)	5	1	410	Yes ¹	3	6
Tickles (Sesame Street) Crackers, Cheddar, <i>Keebler</i>	48 (30 g)	6	<1	300	Yes ¹	16	32
Tickles (Sesame Street) Crackers, Original, <i>Keebler</i>	48 (30 g)	6	1	270	Yes ¹	16	32
Toast & Peanut Butter, <i>Keebler</i>	6 (38 g)	9	5	450	Yes ³	3	5
Toasted Wheat, Fat Free, <i>Stop & Shop</i>	11 (30 g)	0	1	230	No ⁵		
Toasted Wheat Crackers, Fat Free, <i>Shaw's</i>	10 (30 g)	0	1	230	Yes ¹	4	7
Toasteds Buttercrisp, <i>Keebler</i>	9 (29 g)	7	2	280	Yes ¹	4	7
Toasteds Onion, <i>Keebler</i>	9 (29 g)	6	3	310	Yes ¹	4	7
Toasteds Sesame, <i>Keebler</i>	9 (29 g)	6	1	320	Yes ¹	4	7
Toasteds Sesame Reduced Fat, <i>Keebler</i>	8 (29 g)	3	2	310	Yes ¹	3	6
Toasteds Wheat, <i>Keebler</i>	9 (29 g)	6	3	270	Yes ¹	4	7
Toasteds Wheat Reduced Fat, <i>Keebler</i>	10 (28 g)	3	3	300	Yes ¹	4	8
Toasty Crackers with Peanut Butter, <i>Little Debbie</i>	4 (26 g)	7	3	210	Yes ³	3	5
Toasty Peanut Butter, <i>Austin</i>	6 (39 g)	10	5	210	Yes ³	3	5
Today's Choice Reduced Fat Crackers, Classic Wheat, <i>Christie Brown & Co.</i>	4 (16 g)	1.5	2	210	Yes ¹	3	5
Today's Choice Reduced Fat Crackers, Cracked Pepper, <i>Christie Brown & Co.</i>	4 (16 g)	1	1	180	Yes ¹	3	5
Today's Choice Reduced Fat Crackers, Garden Vegetable, <i>Christie Brown & Co.</i>	4 (16 g)	1.5	2	220	Yes ¹	3	5
Town House Original, <i>Keebler</i>	5 (16 g)	4.5	1	150	Yes ¹	4	7
Town House Reduced Fat, <i>Keebler</i>	6 (15 g)	2	2	180	Yes ¹	4	8
Town House Reduced Sodium, <i>Keebler</i>	5 (16 g)	4.5	1	75	Yes ¹	4	7
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	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Triscuits Garden Herb, <i>Nabisco</i>	6 (28 g)	4.5	1	130	Yes ¹	3	5
Triscuits Low Sodium, <i>Nabisco</i>	7 (31 g)	5	0	75	Yes ¹	3	5
Triscuits Original, <i>Nabisco</i>	7 (31 g)	5	0	170	Yes ¹	3	5
Triscuits Reduced Fat, <i>Nabisco</i>	8 (32 g)	3	0	180	Yes ¹	3	5
Twigs, Sesame & Cheese Snack Sticks, <i>Nabisco</i>	15 (30 g)	7	1	300	Yes ¹	5	10
Uneeda Biscuits, <i>Nabisco</i>	2 (15 g)	1.5	0	110	Yes ¹	2	3
Vegetable Crackers, Fat Free, <i>Shaw's</i>	10 (30 g)	0	1	270	Yes ¹	4	7
Vegetable Crackers, Fat Free, <i>Stop & Shop</i>	11 (30 g)	0	1	250	No ⁵		
Vivant, <i>Dare</i>	3 (14 g)	3	1	125	Yes ¹	3	5
Wasa Fiber Plus Crispbread, <i>Wasabröd</i>	1 (23 g)	1	0		Yes ¹	1	1
Wasa Fruit 'n Nut Crispbread, <i>Wasabröd</i>	1 (15 g)	1	1		Yes ¹	1	2
Wasa Hearty Rye Crispbread, <i>Wasabröd</i>	1 (14 g)	0	0		Yes ¹	1	2
Wasa Light Rye Crispbread, <i>Wasabröd</i>	1 (8 g)	0	0	40	Yes ¹	2	3
Wasa Multi-Grain Crispbread, <i>Wasabröd</i>	1 (13 g)	<1	0	85	Yes ¹	1	2
Wasa Sourdough Rye Crispbread, <i>Wasabröd</i>	1 (11 g)	0	0	55	Yes ¹	1	2
Waverly Crackers, <i>Nabisco</i>	5 (15 g)	3.5	0	135	Yes ¹	4	7
Whales Mini Cheese Crackers (Cheddar), <i>Stauffer's</i>	50 (30 g)	6	1	240	Yes ¹	17	34
Wheat Crackers, <i>America's Choice</i>	16 (29 g)	6	2	120	Yes ¹	6	12
Wheat Crackers, <i>Wal-Mart</i>	16 (29 g)	6	2	120	Yes ¹	6	12
Wheat Crackers with Cheddar Cheese, <i>Little Debbie</i>	4 (17.42 g)	8	2	230	Yes ¹	3	5
¹ Product is found in Group A of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5). ⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6). ⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ. ⁶ Popcorn cakes are not creditable.							



Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Crackers and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Wheat 'N Cheddar, <i>Austin</i>	6 (39 g)	11	3	400	Yes ³	3	5
Wheat Snack Crackers, <i>Price Chopper</i>	9 (31 g)	7	3	75	Yes ¹	3	6
Wheat Snack Crackers, <i>IGA</i>	14 (30 g)	7	1	200	Yes ¹	5	10
Wheat Thins Low Sodium, <i>Nabisco</i>	16 (29 g)	6	2	75	Yes ¹	6	12
Wheat Thins Multi-Grain, <i>Nabisco</i>	17 (30 g)	4	4	290	Yes ¹	6	12
Wheat Thins Reduced Fat, <i>Nabisco</i>	18 (29 g)	4	3	220	Yes ¹	7	13
Wheat Thins Regular, <i>Nabisco</i>	16 (29 g)	6	2	180	Yes ¹	6	12
Wheatables French Onion, Reduced Fat, <i>Keebler</i>	27 (30 g)	4	2		Yes ¹	10	19
Wheatables Ranch, Reduced Fat, <i>Keebler</i>	29 (30 g)	4	2	340	Yes ¹	10	20
Wheatables Reduced Sodium, <i>Keebler</i>	29 (30 g)	4.5	2		Yes ¹	10	20
Wheatables Savory Original, <i>Keebler</i>	26 (30 g)	7	2	320	Yes ¹	9	18
Wheatables Wheat Snack, <i>Keebler</i>	29 (30 g)	3.5	3		Yes ¹	10	20
Wheatables White Cheddar, Reduced Fat, <i>Keebler</i>	27 (30 g)	4	2	330	Yes ¹	10	19
Wheatsworth, <i>Nabisco</i>	5 (16 g)	3.5	1	170	Yes ¹	4	7
Whole Wheat Crackers, <i>Carrs</i>	2 (17 g)	3.5	3		Yes ¹	2	3
Zesty Italian Crackers, Fat Free, <i>Shaw's</i>	10 (30 g)	0	1	240	Yes ¹	4	7
Zoo Animal Crackers, <i>Austin</i>	16 (30 g)	2	7	95	Yes ²	7	14
Zwieback, <i>Nabisco</i>	1 (8 g)	1	1	10	Yes ¹	2	3

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² Product is found in Group B of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5).

³ Product is found in Group C of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 5).

⁴ Product is found in Group I of "Serving Sizes for Grains/Breads in the After-School Snack Program" (see page 6).

⁵ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ.

⁶ Popcorn cakes are not creditable.



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